

**MAD SCIENTIST'S COOKBOOK:
THE LUCID DREAM MACHINE**
by Peter Nielsen

HANGING LUCID

Everyone has dreams. We often remember them after we wake up. What makes lucid ('loo-syd') dreams so mind-blowing is that at some point during the dream you know that you are dreaming—without physically waking up. By contrast, in a non-lucid dream everything seems unquestionably real to the dreamer. Just as in waking life, the awareness is 'locked up' by perceptions of a body which owes itself to its immediate environment. You can't ride a horse through a brick wall. Both are the same density, woven of the same stuff. What's needed instead is a quantum leap of awareness itself. This lights up the exit door, letting us step back into a wider perspective, away from the false impression of a fixed reality. The dreamer is no longer part of the dream, but can choose to remain in it.

Imagine how you would feel if, while reading this magazine, you suddenly flashed, "This is incredible! I must be dreaming." What if you then knew, with absolute certainty, that nothing being per-

ceived had any ultimate reality, that your real self was safe somewhere else in the real world, waiting for your return, and you could do anything with impunity without pain or consequence. Try to simulate this feeling now. Feel the elation rising in your chest? This is immortal life-energy, and we are sitting on it all the time, like a cork in a bottle of champagne.

POWER DREAMING

In lucid dreaming, another spooky thing happens: the recognition of unreality gives you instant power over your own perceptions. In other words, you can mould the content of the dream—and everyone in it—as it takes shape. It's done the same as you would picture something in your mind right now. Let's check it out. Close your eyes and visualise a city street. Then change it to a deserted beach. Note the 'plastic' stage in between. Watch how your eyes project the image and interact with your concentration. We are the original virtual reality machine, not a passive viewing process at all—yet, paradoxically, gripped by our environment. This meeting of inner and outer pressures defines each individual consciousness. Like a particle of dust in a raindrop, the body-self sort of floats in the

middle. However, in a lucid dream, the scenery is reflected back to us mostly from within. Anything seemingly 'out there' feels inherently 'riskless' or native to one's inner core. Ultimately, however, outside and inside are the same. In lucid dreaming, we go everywhere by going nowhere. The sense of freedom is incredible.

Time also moves faster in dreams. Think of all the heroics, psychodrama or animal instincts you could invite out of your subconscious for a one-night stand. Steven LeBerge, the pioneer who documented lucidity in the lab with prearranged eye signals from the dream-state, says "...when you dream, you do something to your brain that's as if you've actually done it. So, there are strong relationships between dream content and physiology." Dreaming is a softener, healer and mediator of both inner and outer selves. It was a key element in 'primitive' cultures where both worlds were seen as one. Without this balance today, we are weighed down and embittered by the apparent finality of material life. It's also the perfect space for overcoming self-doubt or fear. Mirroring their new sense of liberation, many dreamers fulfill a deep urge to fly. It seems to be a universal expression of totality. However, even a moment of doubt drags one down like lead leotards. Think of flying as natural. That's all. To keep things light, I'll let you fantasise about what others get up to. We've seen it all on TV. This is lurid dreaming.

GETTING THERE IS BEING THERE

If there is a destination, there must be a trip. Increased frequency of lucid dreams is a natural part of spiritual growth. Here are a few proven techniques which can be used with a dream machine or on their own. They should be done every day for a period of time.

1) Set your alarm to wake up about two hours before usual. Do 'mindfulness' meditation, such as counting your breaths, for about thirty minutes. Return to bed and lie on your right side, as recommended in Tibetan 'dream yoga'. Let yourself drift off



the light shine through. If it's too bright, add an extra layer of something. Don't obstruct your breathing. We aren't going that far. Never operate the circuit on anything other than "AA" batteries. If all else fails, you still have a silent alarm clock, or a G-string with headlights.

Commercial dream machines have adjustment for how long the LEDs stay on, as well as timing for multiple ignitions in case the first one fails to notify. They also have a 'reality tester'. I think it's designed to keep 'positive thinkers' who are not asleep—but have convinced themselves that they are—from jumping out of windows, etc. It's a button on the front of the mask that lights up the LEDs when pressed. Obviously, in a dream it shouldn't work. A cheaper substitute that comes free with our project is to squeeze your nose. If you find yourself gasping for air, or passers-by avoid you, stay buttoned up.

ASTRAL PROJECTION

Lucid dreaming is like the first psychedelic that tells you that it's 'all in your mind'. After the initial rush, we need a direction. As you become more lucid in dreams, you may experience falling to sleep with continuity of consciousness. Normally we just 'blank out'. This twilight realm is usually first encountered just before waking up. For example, after a lucid dream you may find yourself in your own bed but still in your subtle body. Blink again, and you're awake.

Conversely, when dozing off watchfully, you may begin to retain consciousness through the transition when your astral

body 'leaves' the physical. With this technique you can 'hang around' the everyday world, visit actual places, people, etc. Spiritual adepts use it to enter the dreams of others, or as a training ground for leaving the body intentionally at the instant of death. If you feel a rising or 'rocking' energy, you are getting very close to a mini-death. Clear your mind, relax and let it happen. The feeling is exquisite—energy surging at a higher octave. This is astral projection, not our topic really, but why not be prepared? In the process, there is a sort of crossroad. If you see spontaneous pictures, i.e., dream fluff, sometimes called hypnogogic imagery, you are getting sucked into the planetary unconscious. Put your attention gently back on the sensations of your body or you're off to 'blanksville'. Not bad advice for any time, actually.

CIRCUIT BOARD OFFER

Readers can order a completed and calibrated "Dream Machine" circuit board for \$45.00, plus \$5.00 postage, from Peter Nielsen Electronics, PO Box 87, Byron Bay NSW 2481. Allow one to three weeks for delivery. The LEDs are on fly-wires. You supply the case (optional), batteries and mask (essential). For research use only, at your own risk.

Disclaimer: You are probably still dreaming, and the above article is not real. Therefore, do not blame the author or NEXUS Magazine about anything else that happens from now on.

If we dream dreams, who dreams us? ∞

THEORY TIES ELECTRICITY TO EARTHQUAKES

Since there's no way to prevent earthquakes, the one thing people want to know is when they're likely to hit.

Now, some scientists think they have part of the answer: they believe earthquakes may telegraph their intentions using the same force behind telegraphs, telephones and most other communications technologies—electricity.

Although that notion is far from accepted as fact by mainstream geologists, many consider it a serious possibility worth studying.

Several respected electrical engineers and physicists expect that, one day, forecasters will watch for changes in electromagnetic signals emanating from within the Earth, much as today's meteorologists watch for weather conditions that spawn hurricanes and tornadoes.

Chinese scientists have been studying this phenomenon for nearly 30 years and have amassed a huge database on the subject—but have become reluctant to share their database with scientists in other countries, said Jean Chu, a former visiting scientist at M.I.T., and now with the Chinese Academy of Science's Institute of Geology.

Antony Fraser-Smith, a Stanford University electrical engineering professor, is a leader of electromagnetic quake-prediction research in the United States. In 1989 he caused a scientific stir when he noted significant changes in electromagnetic signals about two weeks before the quake that rocked the San Francisco area.

(Source: *Anchorage Daily News*, 24 May '94)

REPORT ON THE INTERNATIONAL SYMPOSIUM ON NEW ENERGY

Held during May 1994, in Denver, Colorado, the symposium advertised such speakers as: Yull Brown, Bruce Cathie, Robert Adams, John Searl, Paramahansa Tewari, Harold Aspden, Hal Fox, Bruce DePalma and many others.

Several of the advertised speakers cancelled out for various personal reasons. These included Robert Adams, Bruce Cathie and Bruce DePalma, all from New Zealand.

Prior to the conference, NEXUS was contacted by four or five people in regard to the authenticity of the Adams Pulsed Electric Motor Generator. It appears that not everyone is getting the desired over-unity results with Adams' machine, and some people have been crying 'hoax' on the matter.

For the record, NEXUS has been contacted by several people who are more than satisfied with the results they have obtained from Robert Adams' research. We would like to point out that the device demonstrated by Bill McMurtry at the conference is not representative of the full spectrum of Adams' research, and certainly did not have the blessing of Mr Adams.

Jeane Manning, a Canadian writer who has a keen interest in the exploits of these researchers, attended the conference and offered the following report.

LIVING LEGENDS OF NEW ENERGY SCIENCE

by Jeane Manning

A film-maker had to take time out to compose herself when she completed an interview with John Searl. The inventor from England was at the New Energy Symposium in Colorado in May 1994,

when she asked him about his struggles to bring an unusual energy generator to the world.

"He was nearly in tears at the end, and so was I," said Christine Ferguson, who is making a documentary about the new energy field.

Searl's experiences include being forcibly confined for about a year, a disastrous fire which burned his records and equipment, and other obstacles. He built his first levitating disc in the early 1950s. It was to have been only a generator, but it unexpectedly accelerated, lifted into the air and sped away from its engine. Ever since then, he has worked toward making flying craft which could be controlled instead of being lost in space. Today, Searl and his associate John Thomas from Rochester, New York, are trying to get funding for refining the Searl Effect Generator (SEG).

As recently as 1982, officials invaded Searl's home in Berkshire and allegedly confiscated a home-power SEG he was testing after tearing out his home's electrical wiring. The local electricity board charged him with stealing electricity by means of a unique device, and sued him for a large sum of money, as the story goes. It was enough to break up a marriage and plunge a man into depression.

However, it was a happy and healthy John Searl who gave a talk and a workshop at the symposium put on by the Institute for New Energy.

Searl was one of a number of stars at the INE meeting. INE was started in 1992 by the International Association for New Science (IANS). The excitement and expressions of optimism at their symposium surpassed even their first gathering in Denver last year. Only about 300 people showed up, but so many of those were avid networkers that the web of connections between countries grew almost visibly.

Exchanges between attendees were perhaps more important than the fact that they were inspired by shaking hands with legendary figures in the 'free energy' field such as retired Lt. Col. Thomas Bearden of Alabama.

A sampling of other speeches:

- John Hutchison of Vancouver described experiments of the 1980s: metal samples had anomalously bent or shredded as well as levitated in action-at-a-distance fields.

- Shuji Inomata gave a talk on plans for a superconducting-magnet version of the "N-machine", named by American physicist Bruce DePalma who now lives in New Zealand.

DePalma, Bruce Cathie and Robert Adams of New Zealand had been invited to speak at the conference but cancelled out in the final days of symposium planning.

INE organisers had to confront the question of Adams' magnet motor: whether it really puts out more power than it takes to run it. Their attitude was: "We're here to help, not to condemn." The model of the Adams device brought to Colorado by Bill McMurtry of Australia tested out at under-unity instead of over-unity. Instead of dismissing the Adams invention, INE organisers left the door open for further investigation.

A stand-alone self-powered device which continuously puts out even one watt more than it takes to run it, would satisfy the research community, Harold Puthoff told the group. "This is a challenge I think can be met," he said.

Don Kelly of Florida successfully performed gravity drop experiments, to show the difference in rate of fall between charged material and materials which had not been given an electric charge. "I wouldn't have believed it if I hadn't seen it," was the comment of one engineer who

went into the session as a hardened sceptic.

Another highlight was an original Keely motor, owned by Victor Hansen of Iowa and explained by Dale Pond of Tulsa, Oklahoma. John Ernst Worrell Keely went down in history labelled as a fraud, but his findings are being vindicated in advanced science today.

The politics of energy were covered by Andrew Michrowski of the Ottawa-based Planetary Association for Clean Energy (PACE), and Brian O'Leary of Oregon, who was an energy critic and adviser to American presidential candidates. O'Leary, co-founder of IANS, proposes an international consortium which could rise above the forces of greed to make "appropriately-scaled free-energy devices" available.

At the symposium banquet, INE's outgoing president Toby Grotz handed out trophies to recognise pioneering researchers, and film actor Dennis Weaver reminded the crowd about the hot water we are in ecologically.

Wolfram Bahmann, European contact for PACE, read a tribute to Rolf Schaffranke, former NASA space program consultant, a pioneer of new energy research and author of the classic book, *Ether Technology*. Schaffranke passed on in April 1994 in Georgia.

Meanwhile back at the podium, there were so many fine speakers that we can't mention all the names and topics. For a list of videos and audiotapes, contact Backcountry Productions, 831 Alpine Street, Longmont, CO 80501, USA; phone (303) 772 8358.

Proceedings of the New Energy conference are in a 650-page book, soon to be available from The Institute for New Energy, PO Box 58639, Salt Lake City, UT 84158-8639, USA. ∞

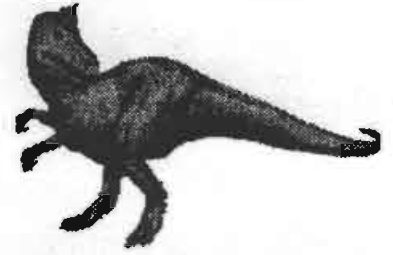
OXYGEN STARVATION CAUSED DINOSAURS' DEMISE?

A dramatic drop in the atmospheric oxygen level over time caused the dinosaurs to be slowly wiped out by respiratory stress: this is the suggestion put forward by four researchers at the annual meeting of the Geological Society of America in Boston.

Gary Landis, of the US Geological Survey, measured oxygen in microscopic air bubbles trapped in amber, a fossilised tree resin. He found that the amount of oxygen dropped from 35 per cent from two million years before the end of the Cretaceous period, to 28 per cent just after the end of the Cretaceous, the time when the dinosaurs all but disappeared. Today, the oxygen level is at 21 per cent—and falling.

The researchers propose that changes in the volcanic activity on Earth determine the various proportions of atmospheric carbon dioxide and oxygen levels, which in turn influence life on the planet.

(Source: *New Scientist*, 6 November 1993)



ANTARCTIC DINOSAUR FOUND

The fossilised remains of a new genus of dinosaur were recently discovered only 650 kilometres away from the South Pole.

The dinosaur, officially named *Cryolophosaurus ellioti* (frozen-crested reptile), most closely resembles the allosaurus, a two-legged dinosaur similar to the tyrannosaurus and common to North America.

The dinosaur, about nine metres long, has a distinctive bony crest rising above its brow, according to Dr William Hammer, a palaeontologist at Augustana College in Rock Island, Illinois.

(Source: *Sydney Morning Herald*, 7 May 1994)

PLANTS GROW WITH SOUND OF MOLECULAR MUSIC

Joël Sternheimer, a French physicist and musician, writes melodies that allegedly help plants grow, and has recently applied for an international patent covering his method of music-making.

The tunes are not random melodies: he chooses each note to correspond to an amino acid in a protein, and the full tune corresponds to an entire protein.

Sternheimer claims that when plants 'hear' the appropriate tune, they produce more of that protein. He also writes tunes that inhibit the synthesis of proteins.

Using simple physics, he claims to be able to translate into audible vibrations of music the quantum vibrations that occur at the molecular level as a protein is being

assembled from its constituent amino acids.

Sternheimer claims that in experiments, tomatoes exposed to his tunes grew two-and-a-half times larger than controls.

He also claims to have stopped an infection of the tomatoes with a mosaic virus by playing tunes that inhibited enzymes vital to the virus. The tunes are very short, he says, and need only be played once.

Sternheimer warns scoffers to be careful tinkering with the tunes because they can affect people as well. "Don't ask a musician to play them," he says. "You must be very careful." Sternheimer says that one of his musicians had difficulty breathing after playing the tune for cytochrome C too often.

(Source: *New Scientist*, 28 May 1994)